

# COMPLETEGAME

INSTRUCTION.TRAINING.MENTALITY.

## Player Weekly Work Plan - Position Player

**Primary Position Class: 1x/week (Infield or Outfield or Catchers (*see below for catchers*))**

**Catchers: 2x/week (One Wednesday and One Sunday)**

**Hitting Class: 1x/week**

**Strength Class: 1x/week**

**Facility Use Hitting: 2x/week**

**Facility Use Strength: 3x/week**

**Facility Use Catching: 1x/week (Catchers Only)**